

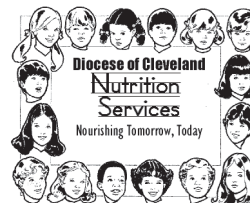
# Lunch Includes:

- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



# March, 2019

Monthly Menu  
Price Per Lunch \$2.75



If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
				Mac & Cheese with Pretzel Rod or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Roasted Chicken with a Corn Muffin or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Ash Wednesday Cheese Quesadilla with Salsa or A) Mac & Cheese with Pretzel Rod Corn Pears or Seasonal Fresh Fruit	Chicken Tenders or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mandarin Oranges	Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza Slice (with optional Dipping Sauce) Broccoli Fruit Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun French Fries or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tator Tots Fruit Cup or Seasonal Fresh Fruit	Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mandarin Oranges Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Slice (with optional Dipping Sauce) Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
Cheeseburger Sliders or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	Fiestada Pizza or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast or A) Popcorn Chicken with Garlic Toast Green Beans Fruit Cup or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit

\*Please note that regulations require that at least one vegetable or fruit side be chosen with each lunch.

Look on reverse side for fun and learning with Chef Louie

SUBSTITUTION OF ITEMS MAY BE NECESSARY

This institution is an equal opportunity provider.

# Tips for Vegetarians

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B12.

## Protein

Protein has many important functions in the body and is essential for growth and maintenance. Protein needs can be met by eating a variety of plant-based foods. Sources of protein for vegetarians include beans, nuts, nut butters, peas, and soy products.

## Iron

Iron functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

## Calcium

Calcium is used for building bones and teeth and in maintaining bone strength. Milk products are excellent calcium sources.

## Zinc

Zinc is necessary for many biochemical reactions and helps the immune system function properly. Sources for vegetarians include some beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds.

## Vitamin B12

Vitamin B12 is found in animal products and some fortified foods. Sources for vegetarians include milk products, eggs, and fortified foods, such as breakfast cereals.

**No Dairy  
No Problem!**

## Lactose Intolerance

If you avoid milk because you are lactose intolerant, the most reliable way to get the health benefits of milk is to select lactose-free milk and milk products or calcium-fortified soymilk (soy beverage).

You can also take a lactase pill or drops that help you digest lactose before eating or drinking milk products. Check with your doctor for his or her advice.

In addition, many people who have a problem digesting lactose can usually eat or drink:

- Smaller portions (up to ½ cup) of milk with meal
- Yogurt or hard cheeses
- Milk on hot or cold cereal

Remember to choose low-fat or fat-free milk, yogurt, and cheeses.

If you do not drink or eat any foods in the Dairy Group, be sure to get the calcium you need from other foods. These include:

- Calcium-fortified juices and other beverages, cereals, or breads
- Tofu (prepared with calcium sulfate)
- Canned fish with bones you eat (such as sardines or salmon canned with bones)
- Soybeans, black eyed peas (cow peas), and white beans
- Some leafy greens (collard and turnip greens, kale, bok choy)



**Chef Louie Presents...**

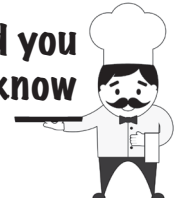
## Health Bite



Beans and legumes are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals. There is good evidence that they can help reduce blood sugar, improve cholesterol levels and help maintain a healthy gut.

In the 1980's an archaeologist working in New Mexico came upon a clay pot sealed with pine tar containing bean seeds that were 1,500 years old...and they grew!

## Did you know



## Lunchtime Joke



Knock Knock!

Who's there?

Bean

Bean who?

*Bean a while since I last saw you!*

